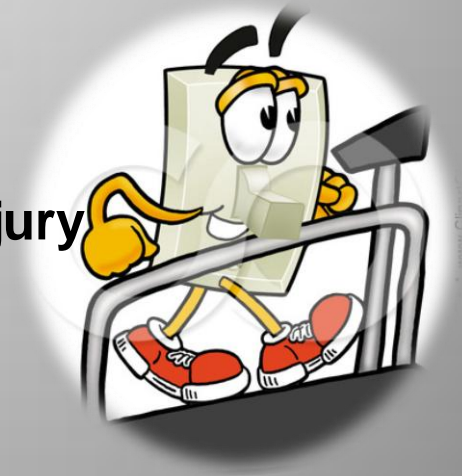




## ***What's In It For Me!***

- ❖ Up to 3 one-hour wellness/fitness sessions each week during normal work hours for a consecutive 6 months
- ❖ Manage stress and improve mental awareness
- ❖ Increase work performance
- ❖ Reduce risk factors associated with illness and injury
- ❖ Develop positive lifestyle behaviors
- ❖ Receive a weekly health or fitness tip
- ❖ Realize your goals



***For additional information and to enroll:***

***<http://www.hood.army.mil/Resources/CivilianFitnessProgram.pdf>***

Complete the required forms and submit to your Command Wellness/Civilian Fitness Coordinator between **10-24 October 2011**. **No late submissions will be accepted.**